

# goop



## How We Find Fulfillment in Unexpected Places

When body, mind, and soul are aligned, everything else has a way of falling into place. The tricky part, of course, is getting the body, mind, and soul aligned in the first place. Balance on such a profound level is deeply personal. Is there some magical potion of turmeric, omega-3, and crystal energy that can help us achieve total existential harmony? If there is, we haven't found it yet. So in the meantime, we asked three goop staffers what fuels them—what really gets them going, what really inspires them. And we'll say this: We have a whole new respect for the Reuben.

**FEEL GOOD:**  
*Homeward Bound*



**THE LARK BOZEMAN HOTEL**  
The Lark Bozeman, rooms \$135 and up

“Montana. I’ve been in love with this state for two decades. (My mother and I first went when I was thirteen—we were obsessed with *A River Runs through It*.) I crave the rivers that look like sparkling crystals, the sharp snow-capped mountains, the absolutely gigantic sky. My mother has since moved there, which gives me an excuse to visit often. I start in the Bitterroot Valley, where she lives, then rent a car and just go...for days. On my most recent trip, I explored Bozeman with my boyfriend. We stayed at a boutique hotel, the Lark; saw a Montana bluegrass band; ate pan-seared river trout; drank local hard cider; and visited the Rocky Mountain Museum. Every time I go, I feel reinvigorated, clear-minded, just like I did on my first trip.”